

SOUTHWEST POOL

WWW.SEATTLE.GOV/PARKS/AQUATICS/SWPOOL.HTM

2801 SW Thistle

Seattle, Washington 98126

206-684-7440

PROFESSIONAL STAFF:

Caroline Marshall—OOC Aquatic Center Coordinator

Erin L. Bruce—Assistant Coordinator

Summer HOURS OF OPERATION:

Monday & Wednesday 9:30-8:30 pm

Tuesday & Thursday 9:30-9:30 pm

Friday 9:30-8 pm

Saturday 9:30-4 pm

Sunday 11 am-6 pm

Holiday Closures :

Tuesday, July 4th and Monday, September 4th

FEES

RECREATIONAL SWIM PRICES:

Children under 1 Free

Youth (Age 1-17) \$3.75

Adult (Ages 18-64) \$5.50

Senior Adults (Ages 65+) \$3.75

Special Populations \$3.75

FITNESS SWIM PRICES:

Adult Fitness \$6.00

Youth/Senior/Special Populations \$4.00

OTHER FEES:

"Just a Shower" \$5.50

Towel Rental \$0.50

Coin-Operated Lockers \$0.25

SCHOLARSHIP DISCOUNT PRICES:

(Requires proof of income and may take 4-6 weeks for approval)

Discount Recreation \$2.00

Discount Fitness \$3.00

Swim More—Pay Less!

Quick Card is a prepaid discount admission card for use within Seattle Parks and Recreation.

Recreation Programs: 10 admissions

Youth/Senior/Special Pop. (save \$4.00).....\$33.50

Adult (Save \$5.00).....\$50.00

Fitness Programs: 10 admissions

Youth/Senior/Special Pop. (save \$5.00).....\$35.00

Adult (save \$5.00).....\$55.00

30-Day Pass (Recreation and Fitness)

Youth/Senior/Special Pop.....\$45.00

Adult.....\$60.00



RECREATIONAL SWIM

Women's Swimming: Single gender swimming opportunities for women who because of cultural, personal or religious reasons cannot swim in a co-ed environment. During these programs the windows to the pool are covered for privacy and only female staff are employed. Females age 12+ only. Call for details on swimming lessons and recreational swim times.

Adult/Senior Adult Swim: This is a recreational lap swim period for adults 18 years and older. There is an open area for water walking or exercise.

Lap Swim: This program is designed for swimmers of all speeds, and those who want to work on conditioning. Some lanes may be reserved for personal lessons. *Exact change or Quick card required for Early Morning Lap Swim.

Family Swim: This is a recreational swim time for families. A parent/guardian 18 or older (in a swimsuit) must accompany youth younger than 18 into the water.

Public Swim: This is a recreational swim for swimmers of all ages. Children under 6, and those who do not meet our height requirement of 4 feet, must be accompanied into the water by an adult 18 years or older.

FITNESS PROGRAMS

Deep/Shallow Fusion: Mix it up and enjoy either end of the pool in this combo class that combines deep & shallow water exercise. From deep water running to shallow body conditioning, this total body workout will feature non-stop, high-energy water exercises. Spice up your fitness routine and splash your way to a healthier body. No swimming ability required to participate in the shallow end; participants in the deep end will use flotation equipment.

Shallow Water Exercise: A water exercise class designed to build strength, flexibility, and cardiovascular fitness. It takes advantage of your buoyancy in the water and the resistance the water creates. This is a terrific exercise program regardless of your age or fitness abilities, and it allows you to exercise at your own comfort level.

Deep Water Exercise: This deep water class uses specially designed buoyancy and resistance equipment that provides a demanding workout for the whole body. Tone and strengthen your muscles without impact on your joints, recover from an injury, and increase your endurance. Great music keeps you working hard! Deep water comfort required.

SOUTHWEST POOL



Seattle
Parks and Recreation

June 26th—Sept 3rd 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Early Morning Lap Swim 5:45-7:15 am		Early Morning Lap Swim 5:45-7:15 am		
Adult & Senior Swim 11:00am- 12:30pm	Summer Swim League 7:30-9:30am	Summer Swim League 7:30-9:30am	Summer Swim League 7:30-9:30am	Summer Swim League 7:30-9:30am	Summer Swim League 7:30-9:30am	Lap Swim 9:30-10:30
	Swim Lessons 9:30am-noon	Swim Lessons 9:30am-noon	Swim Lessons 9:30am-noon	Swim Lessons 9:30am-noon	Swim Lessons 9:30am-noon	Swim Lessons 10:30-Noon
Swim Lessons 12:30-2:00pm	Adult & Senior Swim Noon—1:30pm	Adult & Senior Swim Noon—1:30pm	Adult & Senior Swim Noon—1:30pm	Adult & Senior Swim Noon—1:30pm	Adult & Senior Swim Noon—1:30pm	Lap Swim Noon-1:00pm
Family Swim 2:00-3:00pm	Public Swim 1:30-3:00 pm	Deep/Shallow Fusion WX 1:30-2:15 pm	Public Swim 1:30-3:00 pm	Deep/Shallow Fusion WX 1:30-2:15 pm	Public Swim 1:30-3:00 pm	Public Swim 1:00-2:00pm
Special Populations Lessons 3:00-4:00pm	Lap Swim 3:00-4:00pm 3 Lanes	Public Swim 2:35-4:00 pm	Lap Swim 3:00-4:00pm 3 Lanes	Public Swim 2:35-4:00 pm	Lap Swim 3:00-4:00pm 3 Lanes	Women's Public Swim 2:30-3:30pm (Females Age 12+)
Public Swim 4:00-5:00pm	Swim Lessons 4:00-5:30pm	Lessons 4:00-5:00pm	Swim Lessons 4:00-5:30pm	Lessons 4:00-5:00pm	Personal Lessons 4:00-4:30pm	Women's Lessons 3:30-4:00pm
Lap Swim 5:00-6:00pm		Lap Swim 5:00-6:00pm 3 Lanes		Lap Swim 5:00-6:00pm 3 Lanes	Public Swim* 4:30-5:30pm	Rentals Begin at 4:30pm Call to Schedule 206-684-7440
Rentals Begin at 6:00pm Call to Schedule 206-684-7440	Lap Swim 5:30-6:30pm 3 Lanes	Swim Lessons 6:00-7:30pm	Lap Swim 5:30-6:30pm 3 Lanes	Swim Lessons 6:00-7:30pm	Lap Swim * 5:30-7:00pm 3 Lanes	
	Swim Lessons 6:30-7:30pm		Swim Lessons 6:30-7:30pm		Family Swim* 7:00-8:00pm	
	Public Swim (shallow end only) 7:30-8:30pm Deep Water Ex 7:30-8:15pm	Public Swim 7:30-8:30pm	Public Swim (shallow end only) 7:30-8:30pm Deep Water Ec 7:30-8:15pm	Public Swim 7:30-8:30pm	*Summer Swim League Meet	
		Shallow WX 8:30-9:15pm		Shallow WX 8:30-9:15pm		
					Friday July 14 4:30-8pm	

Holiday Closures: Tuesday, July 4th

For more information visit seattle.gov/parks or call 206-684-7440

SOUTHWEST POOL—SUMMER 2017